

MOUNTAIN CLIMBING IN NEW YORK'S BACK YARD

**NEARBY OPPORTUNITIES
FOR GEOLOGIZING, BOT-
ANIZING & STRENUOUS
EXERCISING**



IT IS WELL IF YOU HAVE A CHUM TO HELP YOU

TIED to the town by circumstance, many girls who have athletic instincts and longings have discovered that besides all its other attractions and compensations New York city has a back yard into which one may run on a short half holiday and do some pretty vigorous stunts that are usually considered to be reserved for the remote and difficult regions which only money and leisure make possible.

New York's nice, roomy back yard is full of rocks and trees and precipitous bluffs, with wild flowers and ferns, just as if it were a hundred miles away. It is just over the Hudson River, where the Palisades are sufficiently indefinite and wooded to be inviting rather than awesome. In a very few minutes one may be transported from the walled-in streets of the mid city to a shaded spot on the rugged river bank.

In the back yard short dresses, bare heads, stout staves and shiny waists reign. The lunch basket is conspicuously in evidence, for one gets very hungry with the activities of this broad playground. The botanist will have her microscope, her knife and perhaps her trowel. The geological enthusiast goes armed with a handy hammer and a naturalist with a liking for winged things has a net.

Many varieties of wild flowers flourish on the Palisades. Not a season but brings forth its own particular flowers, its grasses and little wild fruits. In the shady places among the grass there are anemones of different varieties, the snowy white anemone, the pink and the golden blue, with its soft and velvety petals, and if a New York girl wishes to send a souvenir to some friends at a distance, showing them what is contained in her flower garden, the anemones make most beautiful pressed and pasted flowers and are eminently suited for such purposes.

There are other tiny pink and blue flowers that look as though they had been

dropped from the sky to live among the grasses. These delicate plants are so small and apparently belong to so many flower families that it takes careful examination to decide just where they should be placed.

Under the ledges of the rocks in the shady nooks and corners there are ferns, maidenhair, coffee ferns, ferns with the fronds resembling the fan shaped sections of an elk's antlers. Some of the fine and feathery ferns would make a most beautiful cover to any "back yard book."

Not only can one find a great variety of flowers and green things to study, but there are fungus growths that, ugly as they are, make exceedingly interesting studies.

Italians journey to the back yard to gather these growths, and if you are fortunate enough to find one in a conversational mood, he will tell you that every growth of the mushroom character is good to eat if the skin peels off in little strips, but that the skin peeling in long strips covers a poisonous pithy substance. However, until this good "Italian" indicates to you which of the growths are best to eat it would be advisable not to take them from the back yard with other than a scholarly purpose in view. It is always best to leave the selection of fungi for culinary purposes to the man who knows.

Various kinds of growth of this sort would fill a good sized market basket. They range in character from the powdery ball, that springs from the damp ground in the night, and the delicately pink growth with the tender segments that form the accordion fluted under side, to the growth that comes from the trees in the decayed and dark elbows and clings to the gnarled wood when life has left it. Opportunities for study of a more rugged

kind are afforded by the rocks—sandstone, quartz, fossiliferous and mineral of various sorts. The girl with a turn of mind for that sort of thing will find darkness coming down before she knows it, lured on by the geological possibilities of the Palisades.

But best of all its opportunities is that for exercise of a genuine and vigorous sort which the back yard offers to the active maiden. Climbing, running, scrambling over rocks and up hills make a woman graceful, strong, supple. It is incomparable for strengthening her muscles and putting her in trim. It does her as much good as a trip to the Adirondacks would, and, in addition, if she chooses, she may enjoy the pleasures of Gotham at night. Nothing can shore up health in its weak spots as will this out of door climbing.

If the New York girl wants her hair to be soft and glossy she will go into the back yard. She won't wear a hat, this not because of a fad, but because it is sensible and comfortable. The outdoor air and the occasional sunlight will impart that glossy, sunny sheen to her hair that

AN EXERCISE BETTER THAN ANY IN A GYMNASIUM



THE DESCENT IS MORE DIFFICULT THAN GETTING UP



A RARE FLOWER IS HIDDEN IN A REMOTE CRANNY



SPREADING OUT THE SPECIMENS FOR EXAMINATION

is often seen in the braids of country girls, and during the winter the cold will not crack the hair so readily.

As the fad for brown arms and discolored face is no longer thought highly of, and the novelty of turning young and comely girls into savages has passed, the girls who go out to climb do not roll their sleeves up. They may if they are in the shade, but in the sun they are sensible enough to wear their cuffs buttoned.

In the midst of the back yard there are many fresh water springs. Here luncheon may be eaten, and there may be seen many a modern Psyche drinking from the little brooks, her chin touching the water, the tip of her nose just immersed, and her hands on the bank to keep her from tumbling in.

Elegant Economies.

EVER since the day that Eve awoke to the realization that over-indulgence in fruit was costly and that henceforth she would have to join Adam in hustling for what they got, frugality has been counted one of the crowning virtues of womankind. Small mention of man is ever made in this regard. He is ever posed as a Sisyphus, laboriously lugging in with his shovel, while the "weaker vessel" tosses his contribution out of the window with her active teaspoon.

At a recent symposium of housekeepers each one made confession of her own special devices for swelling the "mickles" that in time make the "muckles." "I can't bear to see the least scrap of anything that is good for fuel wasted," said the tall woman. "Every emptied spoon or splinter of berry or grape baskets, nutshells, pasteboard boxes, newspapers, broken clothespins, pine cones—all go into my little kindling box and are often quite enough to boil the kettle in summer without using any purchased material. I save all orange, lemon and grape fruit skins and dry them out in the ash pan or under the hearth when I have a fire. Plum, cherry and peach pits make a splendid blaze when they are dry, while corn cobs dried and sprinkled with a little kerosene start a fire like magic, no matter which way the wind blows. Newspapers twisted up in a long tight roll are as good as a stick of wood for the fireplace. I have all our ashes sprinkled and sifted, so that I often have enough cinders to keep up a fire all the afternoon without using fresh coal. Sometimes, I am afraid, I carry my vigilance in hunting firewood too far, for actually I have a distinct pang every time I am out driving and have to pass by a nice piece of kindling or block of wood lying in the road.

"Another friend, who has been visiting up in St. Lawrence county, told me of this wrinkle that she learned there. Where she visited the hostess saved the oil from the top of canned salmon and used it in dressing lettuce. It's fine for any one who likes a little fishy flavor. Another woman who has a cottage at Thousand Island Park has this scheme, which I have tried lately with great success. They had dinner at noon, and two or three times a week ice cream or water ice for dessert. After the contents of the freezer were taken out there was nearly always enough ice and salt left over to freeze a frappe or mousse for supper. She got so she made all sorts of combinations; almost anything that was left over from dinner—apple sauce, stewed apricots, prunes, coffee, tea, custard, rice pudding—then tucked it in the freezer and left it to freeze or chill itself, and it was always good, too."

"Do you know what you can do with a canteloup?" interrupted a slender, slender woman in blue. "I found that out last year. Just put it on ice and serve it at luncheon or dinner with a French dressing made of lemon juice instead of vinegar. Take out the ripest part of the melon, cut it in inch cubes, pour the dressing over and serve it on a bed of crisp lettuce."

"Of course you all know about fixing watermelon rinds so that they are just as nice as citron for cake," put in another speaker, warming up to her subject and sitting very erect on the front edge of her chair. "My family are very fond of them. I make a preserve of sweet pickle, so I always save the nice rinds and put them up in that way. Then when I get ready in the fall to make mincemeat or fruit cake I take some of my preserved rind and dry it out slowly in the oven and it is just as delicate and nice as anything you can buy."

"Well, I can tell you something else," hurriedly interposed a chubby little woman. "Turnip tops! I always hated to throw away so much vegetable purée. I boil them with a bone if I happen to have one, if not, by themselves; rub them through a sieve and add them to a cream sauce. I serve the purée with croquettes, which I make from left over scraps of bread, cut into little cubes and browned in the oven; and there is my soup course for dinner, made entirely out of what some people throw away, excepting the tablespoonful each of flour and butter and the two cups of milk which I use for the cream sauce."

Concerning Your Ancestors.

Conducted by Mrs. Clara H. Manning.

Note.—In answering queries give authority for the statement.

QUERIES.

636.—HOWLAND HERALDRY.—The illustration accompanying this sketch is the coat-of-arms of the Howland family, and is described in Burke's "General Armory" and Vermont's "America Heraldica" as—
Arm—Arg., two bars, sa. In chief, three lions, rampant, of the last.
Crest—A lion, passant, sable.
(Cambridge, London, and of Stratford, co. Surrey.)
The arms were granted on June 10, 1584 (temps Elizabeth) to Bishop Richard Howland, of Peterborough, who was the eldest son of John Howland, of Newport Pond, in the county of Essex, and Anne, daughter of John Greenway, of Winton, co. Norfolk. His father was John Howland, of Newport Pond, whose son Howland had a brother John, whose son John was considered to be the John Howland who came in the Mayflower in 1620, which fact was conclusively disproved by the distinguished heraldist and genealogist Colonel Chester, who states that this John died unmarried and was buried in England.

Among several distinct families of the name at the time of Pilgrim John Howland's birth, Colonel Chester, through his investigations in England, found a family of Howlands as follows:—One "Humphrey Howland, a citizen and draper of London, whose will was proved July 10, 1646; George Howland, of St. Dunstan's, in the East, London; Arthur Howland, John Howland and Henry Howland, these three brothers, in the order named, were in 1646 to have £8, £4 and £4 out of the debt due to the testator by Mr. Ruck, of New England." These facts certainly point with-out a shadow of a doubt to Arthur and Henry Howland, of the Plymouth colony, and also prove that they had a brother, John Howland, who cannot possibly be other than John Howland, who came in the Mayflower, in 1620. Arthur Howland settled in Marshfield and Henry in Duxbury, Mass.

John Howland, born 1632, died February 23, 1672, was one of the historic founders of Plymouth plantation, assistant of Plymouth colony, 1632, 1634 and 1635, and

637.—BATES — THOMPSON.—Wanted, ancestry of Richard Bates, who married Agnes Thompson in 1745. Parents and ancestry wanted of Stephen Thompson, or Thomson, who married Agnes Bennett (born 1705). How was Stephen related to John Thompson, born 1610, who married Mary Cooke, daughter of Francis Cooke, of the Mayflower? Was he his grandson? Authority requested.
INQUIRY.

638.—DUNHAM.—Sylvanus Dunham was a Revolutionary soldier in Albany county militia, N. Y. His widow, Ursula, went to Nichols, Tioga county, N. Y., in 1810, with a large family of children. Did Sylvanus Dunham come from Plymouth, Mass.? What was his wife Ursula's surname?
HERALDICA.

639.—MOREY.—Who were the parents of Northrop Morey, one of the founders of Syracuse, N. Y.? Did they come from New England, and, if so, from what State and town?
MOREY.

640.—JESSUP.—Who was Elizabeth, wife of John Jessup, of Old Town, L. I.? (Southampton). Had son Henry, who married Bethia —. Wanted, her maiden name.
M.

641.—MCDONALD.—Wanted, date of marriage, parentage and ancestry of Elizabeth McDonald, born 1787, died March 10, 1836, at Boonville, N. Y.; married Peter Schuyler.
INQUIRY.

642.—JOLLY.—Ancestry desired of one Edward Jolly, who lived in New York city, 1843-1849; where did he come from and whom did he marry?
MOREY.

643.—CORNELL.—Kindly inform me which are the proper arms of the Cornell family. Are they the Cornwall arms (the family claiming descent from the Cornwalls of England) or are they the Cornell arms (castles), as shown in Burke? What is the origin of the Cornell arms? V. R.
CORNELL.

644.—CARRBERRY.—Wanted, ancestry of Joseph Carberry, born February 2, 1820, Dublin, Ireland; emigrated to America in 1849.
J. A. C.

645.—MOREY — WELLES.—The first Morey of our family was a Canadian, he married an Indian woman named Utoka, daughter of an Iroquois chief. Wanted, coat of arms of Governor Thomas Welles, of Connecticut. The motto is "Semper Paratus."
L. M. W.

646.—MARSHALL.—Ancestry asked for of John Babbis Marshall, of Little Ferry, N. J., nationality Alsatian French. In 1870 he was probably lost on a coasting steamer between New York and New Orleans. He was born about 1820.
H. J. K.

647.—SCHERMERHORN — KENNEDY.—Ancestry of Maria Schermerhorn, probably daughter of John Schermerhorn, of Schenectady, N. Y. Maria married John Kennedy.
C. M. H.

648.—HUBBELL.—The Hubbell coat of arms, which is given in the accompanying illustration, is described as—Arms—Sable, three leopard's heads, fessant, fleur de lis or. Crest—A wolf passant, or. Motto—"Ne cede malis sed contra," which reads when translated, "Yield not to misfortunes, but surmount them." There seem to be several coats of arms of the name of Hubbell, which is the one generally used? One appeared in connection with a sketch of the family in the New York Herald of CURIOUS.

649.—HARDWICKE.—All possible information wanted as to ancestry and coat of arms of John Hardwicke, supposed to have been the son of Lord Hardwicke, born in Leicestershire, England. Came to America prior to 1790. Settled in Georgetown, S. C., and was for many years surveyor for that part of the country. Married Elizabeth Grant, daughter of a French Huguenot. Had two daughters, one Eliza.
VIRGINIA.

650.—BROWN.—Ancestry desired of Abraham Brown, born 1743, died May 29, 1822, buried at Somers, Westchester county, N. Y. Name and ancestry wanted of his wife, Anna.
L. W.

651.—MABBETT — THURSTON.—Wanted, English ancestry of Joseph Mabbett, of Cow Neck, L. I., about 1700. Married Hannah Thurston. Joseph Mabbett came from Thornbury (?), near Bristol, England. Is there a Mabbett genealogy? What part of a coat of arms is it correct for a woman to use and should it be her father's or mother's?
E. M. M.

652.—THOMPSON.—Wanted, an ancestry of the Rev. Charles Thompson, born Amwell, N. J., April 14, 1748. When did his father come to this country and from what place? The Rev. Charles attended the Hopewell (N. J.) Academy and was a pupil of Isaac Eaton.
M. B. T.

653.—VAN WART.—Wanted, ancestry of the late Stephen Van Wart, of Van Wart. Had three sons and two or three daughters. Is there a coat of arms?
ANCESTRY.

654.—JACKSON.—Ancestry desired of Isiah Jackson, who came from Connecticut to New York State about 1804. He was born in 1763, had a brother, Zarah Jackson, Isiah married Anna Baldwin, and Zarah married — Munger. Tradition has it that his father was Stephen Jackson, a Revolutionary soldier from Vermont. Another has it that the father came from the South.
J.

655.—HERKIMER.—Wanted, ancestry of General Nicholas Herkimer, of Revolutionary fame.
H. S. M. C.

656.—STONEMAN.—Wanted, ancestry of General Stoneman, who figured prominently in the civil war under Hooker and who afterward became Governor of California.
W. H. S.

657.—SELBY — FEE.—Parentage and ancestry requested of James Selby, who was killed and robbed on a boat on the lower Mississippi March 18, 1830. Married Elizabeth Fee in Bracken county, Kentucky, October 23, 1817. It is said he came from Maryland or Pennsylvania.
B. S.

658.—DE WITT.—Wanted, the De Witt coat of arms and history of the family.
H. E. W.

659.—BENNETT — STRONG.—Wanted history of the Bennett and Strong families.
M. B. M.

660.—LANGDYKE — WYNCOOP — PADLEFORD — ROOSA.—The Wyncoop line wanted down to Maria, dau. of Cornelius, of Albany, N. Y. His wife was a Langdyke. Does G. C. B., who answered query

273, have the Langdyke line? Wanted, information of the Paddlefords, of Rhode Island. Hannah was dau. or sister of Governor Paddleford. Who was the wife of Isaac Chauncey, of Hadley, Mass.? He was born in 1632. Who was the wife of Heyman Roosa and who were his parents?
W. L. B.

661.—HARDWICKE.—Full information desired of the Hardwicke family from Leicestershire, England; also description of the coat-of-arms.
VIRGINIA.

662.—PARKER.—Which daughter of Jonas Parker (killed at battle of Lexington) married Joshua Atwood? Was it Prudence?
C. E. A.

663.—STAPLES.—Genealogy and coat-of-arms asked for of the Staples family.
E. W. S.

ANSWERS.

634.—(Answer) SEE.—The family is said to be of French Huguenot origin. The name appears as Cle, Du Cle, Sleek, Zy, Sie, Isaac See and wife, Esther, had Isaac, Jr., who married Marie (?), and daughter Marie, who married Nicholas de Vaux. The family had 19 acres of land on Karles Neck, Staten Island, 1877. They later removed to Phillips Manor (vide Raymond's Tarrytown, N. Y.).

(Answer) **BLACKWELL.**—By request the accompanying illustration of the Blackwell coat of arms is given. The family is of English origin. One Robert Blackwell was the progenitor of the Newtown (Long Island) family, who, in 1676, as a widower with several children, married Mary Manningham, of Manning's Island, in the East River. In 1681, Verken (or Hog) Island was granted to Captain Francis Fyn, a Dutch officer. After the conquest by the English the farm and island were confiscated as belonging to a subject of Holland, and it was granted to Captain John Manning, in 1683, and called Manning Island. Later, Robert Blackwell, who died in 1717, became the proprietor and the name was changed from Manning to Blackwell Island. For list of descendants of Blackwell see Riker's Newtown, L. I.

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